EFFECTIVENESS OF SENOBI BREATHING EXERCISE ON PERIMENOPAUSAL SYMPTOMS AMONG PERIMENOPAUSAL WOMEN IN SELECTED VILLAGES AT CUDDALORE DT, TAMILNADU

Synopsis of the Thesis

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Register No: 4415003

In partial fulfillment of the requirement for the degree of

DOCTOR OF PHILOSOPHY

FACULTY OF NURSING

MEENAKSHI ACADEMY OF HIGHER EDUCATION AND RESEARCH

(DEEMED TO BE UNIVERSITY)

CHENNAI – 78

MAY – 2023